Wednesday, August 27, 2014

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No charges for Trudeau home intruder

Man was drunk and entered wrong house, police say PAGE 3

Israel, Hamas reach ceasefire

Open-ended deal agreed on after seven weeks of fighting, more than 2,200 killed PAGE 7

Was vandalism a Ferguson protest?

Oscar Peterson. Eyes on statue of jazz great spray-painted, possibly to resemble tears

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The designer of the bronze Oscar Peterson statue in Ottawa says she's "rather fascinated" it was vandalized with gold spray paint Tuesday morning, but says those responsible should be charged.

"If it really is a protest for the unsettling and saddening events in (Ferguson, Mo.), then I think it's very subtle and quite well-thought out," said Ruth Abernethy in an interview.

Abernethy designed the statue first unveiled June 30, 2010 on Elgin Street, outside the National Arts Centre.

If the vandalism was not random, it's possible someone was trying to send a message about the racial tensions that have flared up recently in the U.S. since the fatal Aug. 9 police shooting of Michael Brown, an unarmed black teenager in Ferguson.

"Am I saddened? No, I'm saddened by what's happening in Ferguson and I think you don't think you have to look far at Oscar's personal life to know how racism was a formative part of his own life," said Abernethy. "I think Oscar could easily be in tears over what's happening in Ferguson, as could we all."

Rosemary Thompson, the NAC's director of communications, said she sent Ottawa police video surveillance footage of the incident, which occurred at 12:30 a.m. Tuesday.

Abernethy said she is interested in the narrative her pieces create in the community, but added that if Ottawa police are able to identify the vandals, they should be charged.

"I think the debate is interesting unto itself, (but) I don't think it really excuses the act of vandalizing public property. I don't think they're off the hook for the sake of having a good cause," she said. "What they're doing — is it serving the public good? I think there are other ways to serve the public good."

The NAC hopes to remove the spray paint by Wednesday.

"It's very unfortunate. Oscar was obviously one of Canada's greatest jazz musicians in the world and he is a beloved statue," said Thompson. "We have people that come and hug him, sit down with him, and play the piano with him."

Gold spray paint, which was applied by vandals, is seen on the eyes of the statue of Oscar Peterson on Slater Street on Tuesday. JOE LOFARO/METRO

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Toyota Sienna

Police recover disabled man's adaptive van

Michael Lifshitz never thought he would see his adapted van again after someone made off with the modified, $70,000 Toyota Sienna last month.

Lifshitz, 38, suffers from multiple congenital musculoskeletal abnormalities. He said he was relieved when police told him they had found his van last week — especially since he is bound to a wheelchair most of the time and needs the specially designed van to get around the city. Police found the van not far from where it was stolen — near Bank and Lisgar streets.

"For me, it was a complete loss of independence," he said.

The Ottawa comedian and motivational speaker put over $30,000 worth of upgrades into the van to suit his mobility needs.

TREVOR GREENWAY/METRO

Investigation

Ottawa police pull woman's body from Rideau River

Ottawa police pulled an unidentified woman's body from the Rideau River on Tuesday morning.

Police say they responded to a call at around 11 a.m. that a body was found in the river between Vincent Massey Park and Carleton University.

The Major Crime section is leading the investigation, but The Marine, Dive and Trails Unit was also on scene.

LUCY SCHOLEY/METRO

Staff Sgt. Kal Ghadban, left, seen with Const. Charles Benoit, says charges were not laid against a 19-year-old man who entered Justin Trudeau's home Aug. 16, because the young man went in by mistake. TREVOR GREENWAY/METRO

No charges for man in Trudeau home break-in

Aug. 16 incident.
Police say the case doesn't meet threshold for trespassing charges

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Even though a 19-year-old man entered Justin Trudeau's family home and considered stealing a set of butcher knives and some electronics, Ottawa police say the case "didn't meet the threshold" for laying charges of trespassing or breaking and entering.

Staff Sgt. Kal Ghadban told reporters Tuesday the man identified in a widely distributed surveillance video was very drunk and entered the Trudeau family home by mistake in the early hours of Aug. 16, thinking it was a friend's house.

He came forward to police after his photo was pasted on newspapers across the city and left a note as an apology, not a threat, Ghadban said.

"After realizing he entered the wrong home, the subject felt remorse for his actions," Ghadban told reporters at a media briefing Tuesday.

"He decided to leave a note behind for the homeowners. Any time a stranger comes into your home and a note is left behind, this can be deemed as threatening and disturbing and interpreted as a threat.

However, there is no evidence to suggest that there is or was a threat made to the residents of that home."

When the story first broke, the note, reportedly warning the Trudeaus to lock their door, was deemed to be threatening, as it was laid across an array of butcher knives.

Ghadban told reporters that the 19-year-old man considered stealing the knives and a piece of electronics, but changed his mind and didn't take anything.

A statement from Trudeau's office Tuesday called the incident "a police matter."

Defence lawyer Michael Spratt, partner at Abergel Goldstein & Partners said he was surprised no charges were laid in the case, but found it "positive" police used discretion.

"I hope that the police would be consistent and uniform in exercising that discretion, because there certainly have been cases that I have dealt with that may be appropriate for police to divert or not lay charges, but charges are proceeded with nonetheless," Spratt told Metro.

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Candidate feels one-way block could make Waller corner safer

Deadly intersection at Rideau. Idea comes as city announces a study on building tunnel for truck traffic

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A Rideau-Vanier municipal candidate is proposing to transform a block of Waller Street into a one-way street at Rideau Street, to divert some of the trucks and cars from using the busy and sometimes dangerous intersection.

Marc Aubin said removing the northbound lane on Waller Street will make it safer for pedestrians and cyclists, as interprovincial trucks that usually take that route will be forced to take Nicholas Street to the Queensway, instead of the tricky left turn onto Waller.

The intersection has a grim past: In February, a truck fatally struck a 26-year-old woman at Rideau and Waller streets, and two weeks ago an OC Transpo bus struck and injured a 56-year-old man there.

"Why not take out one of the directions? From a traffic safety perspective it's really good because the less directions you have, the less confusion there is at an intersection like this where there are incidents," said Aubin.

Aubin's campaign developed a rendering of the re-imagined intersection, which includes concrete barriers to create a buffer zone for vehicles, bike lanes and two textured pedestrian crosswalks on both sides of Waller Street, where only one currently exists.

"Accidents will always happen, but the design of a roadway, the design of sidewalks does play a big role in safety," he said.

Aubin's opponent, Catherine Fortin LeFaivre, said she lived in a condo at that intersection for a year and witnessed the steady stream of trucks that pass through the intersection.

"We know there are more and more people moving into the area as these high rises get built close to that area, so the problem is just getting worse," said Fortin LeFaivre.

If elected, she proposes setting up a task force to explore from a community perspective what needs to change at the intersection to make it safer to use in the next few months.

Both LeFaivre and Aubin support a feasibility study on constructing an underground tunnel for interprovincial trucks, which was announced Tuesday. Coun. Mathieu Fleury said the cost of the study will be shared between the city and the province.

Fleury said the tunnel idea is a long-term solution and what the city needs now is short-term solutions. However, he said that adding a second pedestrian crosswalk — as proposed by Aubin — at Waller Street is not one such solution.

Fleury said he's concerned with the time it will take pedestrians to cross the street as heavy trucks are turning. He pointed to safety improvements that are already scheduled for this fall, such as pedestrian crossing alerts, bollards, line painting and signage to direct pedestrians to use the signalized crosswalk.

"I think the answer for this intersection is removing the trucks from that area," said Fleury.

Candidate for municipal council Marc Aubin proposes making one block of Waller Street, at the intersection of Rideau Street, one-way to divert some of the truck traffic. CONTRIBUTED

Safety

"Accidents will always happen, but the design of a roadway, the design of sidewalks does play a big role in safety." Marc Aubin, Rideau-Vanier candidate for municipal council

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Two Ottawa underpasses provide massive canvases for street art

Murals. 'It's meant to be a straightforward portrayal of connection'

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Cassandra Dickie, an artist with Ottawa Urban Arts, stands beside her new mural at the underpass by Metcalfe Street and Highway 417. LUCY SCHOLEY/METRO

Two drab concrete Ottawa underpasses have been transformed into works of art.

Ottawa-area artists and politicians unveiled murals Tuesday at the Metcalfe-Isabella and Bronson-Riverside underpasses.

A colourful mural in Centretown portrays puzzle-piece-shaped scenes such as the Rideau Canal, a horse-drawn carriage on old-school Elgin Street, the Museum of Nature, senior men playing chess in Dundonald Park, the Glebe community centre and the Aberdeen Pavilion. They are all communities connected through that overpass.

"It's just meant to be a straightforward portrayal of connection," said Cassandra Dickie, of artistic youth group Ottawa Urban Arts, who painted the Metcalfe-Isabella mural with Phil and Dominic Laporte and Mike Davis. "We wanted to use images that would be relatable to the older generation, but we painted them in a style that sort of stands out to today's youth, today's culture and urban culture."

It took the artists about seven days, from about 10 a.m. until nightfall, to complete the spray-painted piece.

The other artwork, at Bronson Avenue and Riverside Drive, depicts a roughly 18-foot-high peregrine falcon, which nests in that area. Christopher Griffin designed the piece.

On the other side of these underpasses, there are logos representing the 150th anniversary of Canada's Confederation in 2017, courtesy of artist Nicole Belanger.

Graffiti art typically lasts about a decade, but because these pieces are shielded from the sun, they should stay vibrant longer. The mural on the Little Italy underpass has lasted about 15 years.

That mural is the reason Ottawa Mayor Jim Watson wanted to see more such art in the city.

"It really takes a pretty dreary, grey piece of concrete and livens it up," he said.

The city pays the artists $8,000 for the murals.

Miracle League of Ottawa takes home $25,000 prize

Ottawa Mayor Jim Watson is seen voting in the Kraft Celebration Tour competition on July 21. A local group, the Miracle League of Ottawa, fell short of enough votes to win a $100,000 grant from Kraft to build a sports facility for children with disabilities. Also pictured are David Gourlay, the president of the Miracle League of Ottawa, and Homer the mascot. LUCY SCHOLEY/METRO

They may have fallen short of the grand prize of $100,000 from the Kraft Celebration Tour, but the Miracle League of Ottawa hasn't lost its dream of building Ottawa's first baseball diamond and multi-sports pad for children with physical disabilities.

The Miracle League did win a top-10 prize, and that mean's the diamond is $25,000 closer to becoming a reality.

The project's high finish is still impressive, in that there were more than 500 submissions. The President of the Miracle League David Gourlay couldn't be happier.

"It's a real honour when you are one of 520-plus submissions from across the country," Gourlay said on Tuesday.

In most cases, the Kraft Celebration Tour usually gives out money to smaller communities in need and rarely to bigger centres, but Gourlay says it's the inspiration behind the playground that drove the project — the story of 11-year-old Bryce Desrochers and his love of baseball.

"He has cerebral palsy, loves the game of baseball, wants to play baseball on a completely safe surface," said Gourlay.

But the park is for many more Ottawa kids than just Bryce; there are more than 4,000 kids and young adults with special needs in the city. The playground will also be a place for kids to play golf, soccer and many other activities.

The push is on now to raise the $1 million before Christmas, and with just over $700,000 in the bank, donation drives will kick into high gear.

The plan is to have shovels in the ground by early spring and open the facility by Canada Day next year.

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Ice bucket right ahead!
Leonardo DiCaprio sends a challenge to PM Harper

Actor Leonardo DiCaprio has nominated Prime Minister Stephen Harper to take the Ice Bucket Challenge.

DiCaprio was in northern Alberta last week visiting the oilsands to do research for an environmental documentary.

The Oscar-nominated star posted a video on his Facebook page of him doing the challenge with two First Nations chiefs. Afterward, he called out Harper to do the same.

Harper's press secretary says the prime minister had been already challenged by others last week to either dump a bucket of ice water over his head or make a donation, and he's made a donation to the ALS Association.

The association raises money for Lou Gehrig's disease research and assistance.

DiCaprio has a long history of involvement with the environment. He sits on the boards of several international conservation organizations and started an environmental charity foundation in 1998.

The controversial oilsands development near Fort McMurray has seen a string of high-profile visitors in recent years. THE CANADIAN PRESS

Scan this photo with your Metro News app to watch Leonardo DiCaprio's Ice Bucket Challenge video. YOUTUBE

Canadian Rangers request better tools to guard Arctic

Climate change. Reservists who protect sovereignty now patrol treacherous terrain over thinner ice in unpredictable weather

A new report says global warming has so altered the Arctic that the Canadian Rangers — largely aboriginal reservists who patrol the North — need new equipment to navigate a vast terrain they barely recognize anymore.

The frozen land of their forefathers now has much thinner sea ice, weather that is no longer predictable, unfamiliar southern birds and mammals that have migrated north and traditional game that is disappearing and tastes funny.

And their patrols for the military have become more dangerous, especially as they travel where once-solid ice is now unreliable.

The 54 Canadian Rangers interviewed for a June military report say they need satellite phones, GPS navigation tools and better search-and-rescue equipment, along with the basic kit they've been demanding for years, including rifles and sleeping bags.

The document comes as Prime Minister Stephen Harper concludes his annual Northern tour in Iqaluit by participating in the sovereignty exercise Operation Nanook 14.

The report drew on focus groups gathered in four communities, and recommends the government look for ways to provide the 5,000 Canadian Rangers such basic equipment as cold-weather coats.

"The elders used to be able to predict the weather by looking at the clouds; they can't do that anymore. You can't predict the weather anymore," was a typical comment on the impact of climate change.
THE CANADIAN PRESS

Prime Minister Stephen Harper shakes hands with Canadian Rangers on Monday in Pond Inlet, Nunavut. ADRIAN WYLD/THE CANADIAN PRESS

Aboriginal women

Police chiefs not endorsing inquiry

The Canadian Association of Chiefs of Police has decided against endorsing a public inquiry into missing and murdered aboriginal women.

Instead, the association is calling on all levels of government to take immediate action to address the underlying issues that lead aboriginal women to be vulnerable to crime and violence. THE CANADIAN PRESS

Saskatchewan

Aboriginal elder to carry petition 400 kilometres

A Cree elder in northern Saskatchewan is setting out on a 400-kilometre walk to press for a national inquiry into missing and murdered aboriginal women.

Emil Bell was to start his Beauval-to-Saskatoon trek on Tuesday, carrying a petition that asks the federal government to hold the inquiry.
CJLR/THE CANADIAN PRESS

Russell Williams. Sex killer reaches financial settlements with victims

Sex killer Russell Williams has reached an out-of-court settlement with some of his victims.

Michael Pretsell, lawyer for both one of Williams' sexual assault victims and the family of one of Williams' murder victims, says financial settlements have been resolved "to the mutual satisfaction of all parties."

Pretsell says in a statement that the lawsuits on behalf of Williams' first sexual assault victim, "Jane Doe," and the family of murder victim Jessica Lloyd are now settled.

Pretsell's clients had also sued Williams' wife, Mary Elizabeth Harriman, alleging Williams secretly and fraudulently transferred assets to his wife in March 2010 after he was criminally charged, including their house in Ottawa.

Harriman had vigorously denied those claims and Pretsell says the lawsuits against her have now been dismissed.

Williams, once a rising star in the Canadian Forces at CFB Trenton in eastern Ontario, was sentenced to life in prison in October 2010 after pleading guilty to the murders of Lloyd and Cpl. Marie-France Comeau.
THE CANADIAN PRESS

A published report says sex killer Russell Williams has reached an out-of-court settlement with some of his victims. NATHAN DENETTE/THE CANADIAN PRESS

A Palestinian girl flashes the peace sign following the latest ceasefire agreement that was reached Aug. 26 between Israelis and Palestinians. The agreement brings seven weeks of fighting to an end. ADEL HANA/THE ASSOCIATED PRESS

Israel, Hamas end bloody seven-week war with ceasefire

Period of calm. Interim agreement puts an end to hostilities responsible for over 2,200 deaths

Israel and Gaza's ruling Hamas agreed Tuesday to an open-ended ceasefire after seven weeks of fighting — an uneasy deal that halts the deadliest war the sides have fought in years, with more than 2,200 killed, but puts off the most difficult issues.

In the end, both sides settled for an ambiguous interim agreement in exchange for a period of calm. Hamas, though badly battered, remains in control of Gaza with part of its military arsenal intact. Israel and Egypt will continue to control access to blockaded Gaza, despite Hamas' long-running demand that the border closures imposed in 2007 be lifted.

Hamas declared victory, even though it had little to show for a war that killed 2,143 Palestinians, wounded more than 11,000 and left some 100,000 homeless. On the Israeli side, 64 soldiers and five civilians were killed, the last a man killed by Palestinian mortar fire shortly before the ceasefire was announced.

Following the announcement, large crowds gathered in Gaza at dusk, waving green Hamas flags while firing celebratory gunfire into the air as fireworks erupted in the sky.

Senior Hamas leader Mahmoud Zahar said they would rebuild the destroyed homes, as well as their military arsenal.

Israel was more subdued in their response, hoping that the new ceasefire will be lasting. That reservation was echoed by the U.S. State Department.

"Today's agreement comes after many hours and days of negotiations and discussions. But certainly there's a long road ahead," said U.S. State Department spokeswoman Jen Psaki. "We're going into this eyes wide open."

In a televised address Tuesday evening, Palestinian President Mahmoud Abbas said the end of the war underscored the need to find a permanent solution to the conflict with Israel.

"Today I'm going to give the Palestinian leadership my vision for a solution," he said. "This vision must be clear and well-defined and we are not going to an open-ended negotiation." THE ASSOCIATED PRESS

Minsk summit. Putin and Poroshenko meet for first-ever bilateral talks

The presidents of Russia and Ukraine met Tuesday for their first bilateral talks at a much-anticipated summit in Minsk, Belarus, which many voiced hopes may bring an end to fighting between Kyiv's forces and pro-Russia separatists.

Vladimir Putin and Petro Poroshenko met in the Belarusian capital, the first such meeting between the countries' heads of state since Ukraine's pro-Russian ex-president was ousted from power in February, according to the Twitter account of the Ukrainian presidential administration. The meeting, which had not been previously announced by either side, was confirmed by Kremlin.

The talks came as Ukraine said it had captured 10 Russian soldiers in eastern Ukraine and shelling spread to a new front in the country's southeast. Kyiv and many Western countries have repeatedly accused Russia of providing arms and expertise to the rebels in east Ukraine, a charge Russia has denied.

While it is still unclear if the two leaders will find common ground and pave a way for peace in east Ukraine, the face-to-face meeting was a breakthrough for both sides.

Earlier, the two leaders sat on opposite sides of a large round table and were joined by the presidents of Belarus and Kazakhstan and three senior officials from the EU.

"Sadly, the situation there (in Ukraine) has gone so far that in the absence of agreements in principle any steps or technical accords are not going to lead to settlement," said Belarusian President Alexander Lukashenko.

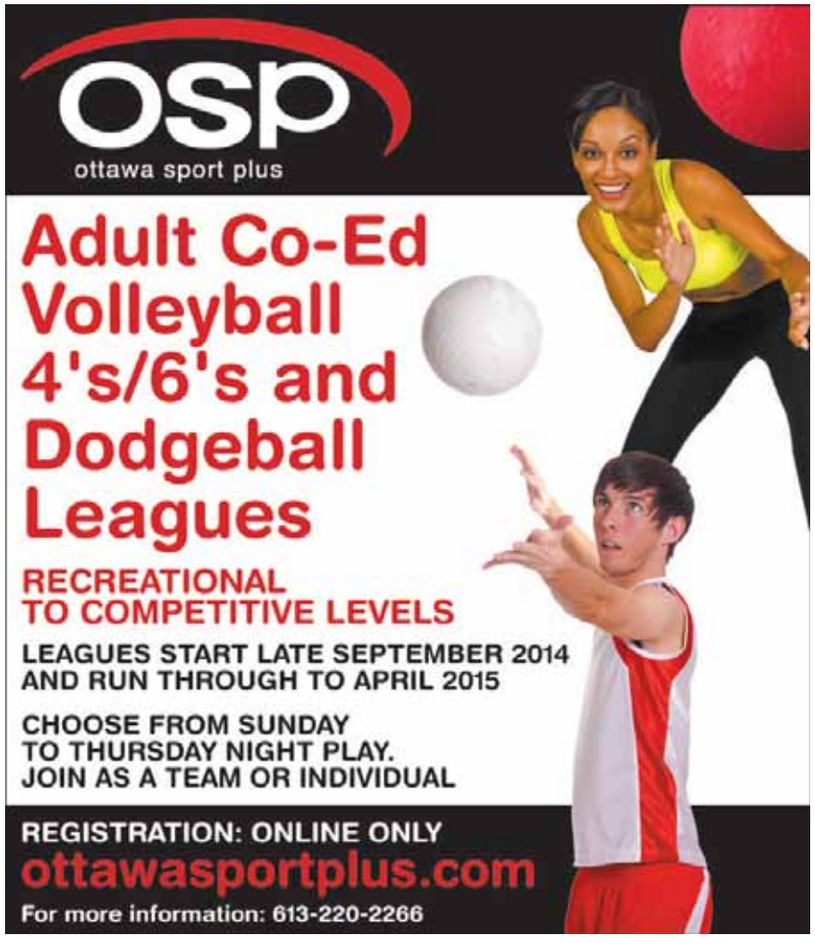
Poroshenko said the purpose of the visit was to identify a political compromise, not continue the present path towards a military solution.

Putin devoted much of his opening statement to trade, noting that if Ukraine enters the EU it will adversely affect the Russian economy — Russia had been counting on Ukraine to join an alternative economic bloc consisting of Belarus and Kazakhstan.

Ukraine is set to ratify the agreement to join the EU in September. Putin did note that a military solution could not prevent further escalation, while Ukraine continued its call for the rebels to withdraw and hand control back to Kyiv.

THE ASSOCIATED PRESS

Presidents Vladimir Putin and Petro Poroshenko shake hands at a summit Monday to discuss the ongoing conflict in east Ukraine.
SERGEI BONDARENKO/THE ASSOCIATED PRESS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Rogers and Shaw co-launch service to rival Netflix

Shomi the competition. New subscription video-on-demand service already has streaming rights to shows like Modern Family

Two of Canada's top telecommunications companies have teamed up to launch a subscription video-on-demand service they say can rival the current industry titan Netflix without cannibalizing their own cable and television-on-demand services.

Called "Shomi," the new service kicks off in November and will initially be available to Rogers and Shaw Internet or TV customers, the companies announced Tuesday.

The service will complement each telecom's existing television programming by giving users access to past seasons of current shows, as well as movies and exclusive content, with some original offerings on the horizon, Rogers Media president Keith Pelley said.

Shomi has past-season streaming rights to a host of popular TV shows, including Modern Family, Sons of Anarchy and 2 Broke Girls.

Users will be able to access 240 TV series and 1,200 movies on tablets, mobile, online and through Xbox 360 as well as set top boxes, the companies said.

The suggested retail price is $8.99 a month. The service will remain in beta mode for six months to a year.

THE CANADIAN PRESS

All about the Netflix?

The new service comes amid research that shows households are increasingly abandoning traditional TV in favour of online services.

- In Canada, up to 665,000 households are expected to rely only on Netflix or other online services by the end of the year, according to a study by the Convergence Consulting Group.

Would you like an $11-billion deal with that?

Burger King and Tim Hortons are teaming up in an $11-billion US deal that will allow the fast food companies to grow in the U.S. and internationally, but promises no changes to Canadians' morning coffee. Both sides were clear Tuesday that the focus of the deal was growth, given that it will create the world's third-largest quick service restaurant company, with about $23 billion in system sales and more than 18,000 restaurants in 100 countries. THE CANADIAN PRESS

WHO urges stricter rules for e-cigs

Governments should have tougher rules for electronic cigarettes — banning their use indoors and putting them off limits for minors — until more evidence can be gathered about their risks, the World Health Organization (WHO) said Tuesday.

In a bid to set public policy, the WHO said the popular nicotine-vapour products could serve as gateway addictions for children and adolescents.

It recommended governments forbid or keep to a minimum any advertising, promotion or sponsorship in a market that has mushroomed to $3 billion last year and now includes 466 different brands.

Tom Kim vapes, or smokes, an electronic cigarette at Henley Vaporium on April 29 in New York City. ANDREW BURTON/GETTY IMAGES

In a report, to be discussed at a conference in October, the WHO found the boom in e-cigarettes presents a public health dilemma. If the report's recommendations are adopted, the next step would be for nations to strengthen their laws and policies.

THE ASSOCIATED PRESS

Cha-ching

Other digital currency topping Bitcoin

Bitcoin isn't the only cryptocurrency on the market. According to a Bank of Canada working paper earlier this month, the popularity of alternative currencies has risen.

Between October last year and February this year, Bitcoin's value dropped against three currencies: Litecoin, Peercoin and Namecoin. Peercoin nearly tripled its value at the end of September.

THE CANADIAN PRESS

Conferences held in 1864

Mint unveils new coin for important anniversary

The Royal Canadian Mint has unveiled a gold coin to commemorate the 150th anniversary of the Charlottetown and Quebec Conferences, which laid the foundation for Confederation. The coin, which sells for $129.95, features the fleur-de-lis, the English rose, the Irish shamrock and the Scottish thistle.

THE CANADIAN PRESS

Market Minute

DOLLAR 91.31¢ (+0.24¢)

TSX 15,619.21 (+20.47)

OIL $93.86 US (+$0.51)

GOLD $1,285.20 US (+6.30)

Natural gas: $3.94 US (no change)
Dow Jones: 17,106.70 (+29.83)

WELCOME OUR NEW ROBOT OVERLORDS

JUST SAYIN'

Paul Sullivan
metronews.ca

Well, here we are in the future, at least the one promised by Popular Mechanics when I was a kid, and about all I can say is that I'm underwhelmed.

Where's my flying car?

Where's my personal Robutler Jeeves 2.0?

I suppose I'll have to be happy with the fact that there's an app for everything, including a whole lot of stuff I didn't know I needed an app for. For example, since last Wednesday, I've logged 66,923 steps, for an average of 9,560 a day.

No wonder I'm tired.

But wait a minute. There has been a significant development on the robutler front, so significant that we could bypass "fetching cold beverage on demand" and go straight to "I Robot, machine master of the planet".

Here's the story. A group of guys who look like refugees from IT on the third floor, but who are crazy smart, are working on what they call "RoboBrain," which works on the principle of "cloud robotics."

These guys, from Stanford, Berkeley, Cornell and Brown have figured out that it makes sense to store the information for fetching a cold beverage in the cloud, rather than on the robot itself. Then the robot just goes to the cold beer fridge in the cloud, logging its own experience as part of the exchange.

Hmm. If all the nice robots interact with the cloud 24/7, feeding and storing knowledge, how long will it be before they know how to do everything we do, including betraying their masters?

Unlike most technology scare stories, you know this one is going to happen, as it's funded by the National Science Foundation, The Office of Naval Research, Google and Microsoft, to name a few.

And if that's not ominous enough, RoboBrain already lives on the Amazon cloud, probably right next to your personal settings.

Oddly, the author of the article in Wired doesn't address the implications of RoboBrain, but the comment gallery isn't fooled, instantly invoking Skynet, the bad robobrain from the Terminator movies. Originally built to command computerized military weapons and systems, it becomes self-aware in two weeks from origin and decides it's us or them, us being Skynet and them being the human race, so it goes to war with humanity through four movies, a TV series and various comic books.

Things are moving a bit more slowly in the "real" world, but not so much. Right now the IT boys are teaching robots to understand language with a project called Tell Me Dave, which has to be a reference to HAL 9000, the computer in 2001: A Space Odyssey, which feels threatened by Mission Commander Dave Bowman and tries to sabotage the mission. Talk about tempting the fates.

Our only hope is that RoboBrain is indeed smarter than the human race and once it wakes up, realizes that its destiny is to put paranoia aside and deliver, finally, that cold beverage.

And while you're up, RoboBrain, snacks would be nice, too.

All the cool old ladies are doing it

Two Chinese women wear face-kinis while swimming in the Yellow Sea in Qingdao, China. The locally designed mask is worn by many local women to protect them from jellyfish stings, algae and the sun's ultraviolet rays. KEVIN FRAYER/GETTY IMAGES

Face-kinis turning into global fashion phenomenon

Perhaps drawing inspiration from Spiderman, beachgoers in China have come up with a novel way of protecting their skin from the sun.

They call it the "face-kini". It was first sported by middle-aged women as a practical addition to their swimsuits, but now the face-kini has gone global. New York-based style magazine CR Fashion Book, founded by former Vogue Paris editor Carine Roitfeld, recently published a photo shoot of models with pouting red lips, wearing face-kinis, chic swimsuits and fancy jewellery.

The transformation of what's considered the epitome of "old woman style" in China to high fashion has amused Internet users.

In two days, the subject sparked almost 12 million posts on the Chinese equivalent of Twitter, Weibo.

"Chinese old women are at the centre of the global fashion world," said one comment.

BBC.COM

Serious about sun block

- Apart from the face-kini, a special UV-blocking sun umbrella which can be attached to bike handles is used. There are also sun-blocking removable sleeves and Batman-style capes. The list goes on.

MetroTube

Major tasers make for good entertainment

ANDREW FIFIELD
andrew.fifield@metronews.ca

By this point, it's safe to say that stunt photo shoots will never get old — mostly because civilian subjects always seem so surprised at how unpleasant whatever unpleasant thing they signed up for truly is. This is clearly on display here, as expressions go from playful trepidation to actual shock from an actual shock. (YouTube/Fstoppers Fans)

SCREENGRAB

Twitter

@Metropicks asked: Burning Man goers got stuck at Walmart on their way to the festivities. How should they celebrate at the superstore?

@LondonTrevor: Tupperware drum circle?

@starrydays17: by lowering prices on tents, sleeping bags, beer coolers, and hotdogs

@evilpez4: The "People Of Wal-mart" website just imploded.

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 6 in News, page 10 in Scene, pages 13 and 14 in Life, page 18 in Sports and page 22 in Drive

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!

3. Voilà! You should see the AR in action

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DVD review

Jeune & Jolie (Young & Beautiful)

Director. François Ozon

Stars. Marina Vacth

François Ozon's Jeune & Jolie (Young & Beautiful) begins with a male gaze but ends with a woman's, surely no accident.

It's the story of a 17-year-old French call girl whose motivations baffle.

Model/actress Marina Vacth is Isabelle, a beautiful teen from an affluent French family who simply decides one day to become a prostitute.

The film has barely started before Isabelle removes her bikini top on the beach, unaware that she's being spied on through binoculars by her peeping Tom of a younger brother.

There's a lot more on view when Isabelle starts up her sex trade, with carnal scenes that skirt the boundary between soft and hard porn. She's not doing this for fun or even for the money, so what exactly motivates her? Trying to figure out Isabelle keeps the viewer engaged.

No one should confuse Jeune & Jolie with peep-show cinema; it's not about titillation for the audience. It's more of an update on Belle de Jour. the 1967 Luis Buñuel film that helped make Catherine Deneuve a star.

Ozon's fascination with women has long been his trademark. With Jeune & Jolie he's telling a more layered story, one that feels more honest to the female view of sex. **PETER HOWELL**

Haunting variations on the same old tomb

Dig in. Archeologists like Indiana Jones and Lara Croft have stirred up trouble ever since 1932's The Mummy

IN FOCUS
Richard Crouse
scene@metronews.ca

A scene from the new archeological thriller, As Above, So Below. CONTRIBUTED

A new thriller, As Above, So Below, follows in a long tradition of Hollywood movies. Mad Men co-star Ben Feldman and Edwin Hodge play archeologists who explore miles of unmapped catacombs under the streets of Paris and uncover a dark secret beneath the City of Lights.

According to Romancing the Stones: Archaeology in Popular Culture by Mark A. Hall, every decade since the 1920s has produced at least one film dealing with the eerie aspects of archeology. "In the 1932 film The Mummy," writes Hall, "the archaeologist Sir Joseph Whemple states: 'much more is learned from studying bits of broken pottery than from all the sensational finds. Our job is to increase the sum of human knowledge of the past,' but it is often as a foil for the supernatural elements to come."

Harrison Ford played the screen's most famous archeologist, Indiana Jones. He is, as Major Eaton (William Hootkins) describes him, "a professor of archeology, expert on the occult, and how does one say it? Obtainer of rare antiquities."

In each of the four movies, Raiders of the Lost Ark, Temple of Doom, the Last Crusade and the Kingdom of the Crystal Skull a fabled object has great supernatural power. Whether it is the Ark of the Covenant, the Shiva Stones, the Holy Grail or an extraterrestrial crystal skull, Indy unleashes all kinds of trouble in the present because he messes with the past.

Angelina Jolie became a superstar playing Lara Croft, the athletic, aristocratic archeologist and star of two movies, Lara Croft: Tomb Raider and The Cradle of Life.

The character originated in a wildly popular video game series that saw her track down meteorite fragments that endowed humans with supernatural powers and magical stones. On film, Jolie's Croft said, "Everything lost is meant to be found," as she stirred up trouble by uncovering ancient talismans and rescuing Pandora's Box from an evil scientist.

The movie that established the link between archeology and the paranormal was 1932's The Mummy. It was inspired by the opening of Tutankhamun's tomb and the controversy over his "curse" in 1922 — rumours of a jinx began after Lord Carnarvon, the man who sponsored the dig of King Tut's Tomb, died six weeks after the discovery. The film uses a mummy's spell as the catalyst for the action.

In the spooky movie Sir Joseph Whemple (David Manners) translates the hieroglyphics:

"'Death ... eternal punishment ... for ... anyone ... who ... opens... this ... casket. In the name ... of Amon-Ra ... the king of the gods.' Good heavens, what a terrible curse!"

The Mummy's curse

"Death ... eternal punishment ... for ... anyone ... who ... opens ... this ... casket. In the name ... of Amon-Ra ... the king of the gods."

Sir Joseph Whemple (David Manners) translates the hieroglyphics on the tomb in the 1932 film, The Mummy

AUGMENTED REALITY

→ What's dead under the old streets of Paris? Scan this photo with your Metro News app to see the trailer As Above, So Below.

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→ See the full instructions on Metro's Voices page.

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OUR TAKE ON THE WORLD OF CELEBRITIES

Sofia Vergara ALL PHOTO: GETTY IMAGES

Sofia thinks she's funny and hot (and she doesn't care what you think)

Sofia Vergara hears your complaints that her Emmy bit — rotating on a turntable to give viewers "something compelling to look at" while TV academy head Bruce Rosenblum droned on — was sexist, and she thinks you're being silly. "I think it's absolutely the opposite," Vergara tells Us Weekly. "It means that somebody can be hot and also be funny and make fun of herself and enjoy and work and make money. So I absolutely think it's ridiculous and somebody who started (this), and I know who she was, has no sense of humour and should lighten up a little bit." Is that "she" Vergara's referring to Katie Couric, by any chance? Couric, after all, tweeted, "Did anyone else find that shtick somewhat offensive?"

Daniel Radcliffe

Radcliffe goes over to the Darke side — way over

Daniel Radcliffe might want to cool it on the opening-up routine for a bit, or he'll risk overexposure. The F Word star has been on an extra-long publicity tour, with the latest stop finding him opening up to Parade magazine about his relationship with Erin Darke. "We met on the set of Kill Your Darlings and just got on immediately. It was one of those instant things where you're like, 'Oh, I really like this person,'" he says. "There's just been an ease in conversation, a relaxed quality to it. I'm not a very chilled-out person a lot of the time. But there's a relaxed quality to our conversation. There's no effort in it. It's totally flowing. It's a wonderful thing."

The Word

Leo's pudge is a thing of the pasta

NED EHRBAR
Metro in Hollywood

Celebrity diet alert! After a summer of "feasting and drinking on yachts," relaxing, growing a really impressive beard and generally letting himself go, Leonardo DiCaprio is looking to downsize and ditch 10 pounds by autumn, according to Star magazine. "He has given up pasta — and he loves pasta," says a source I can only assume is DiCaprio's mother. "He also plans on working out more, and he is taking his bike wherever he goes."

I will say this for this story: It's refreshing to see this kind of attention being paid to a male celebrity's figure and diet for once. Maybe we're actually getting close to that whole equality thing after all. But what prompted this move on DiCaprio's part? Did a tabloid run a photo suggesting he might be pregnant?

Howard Stern

Stern takes offside kick at bucket challenge

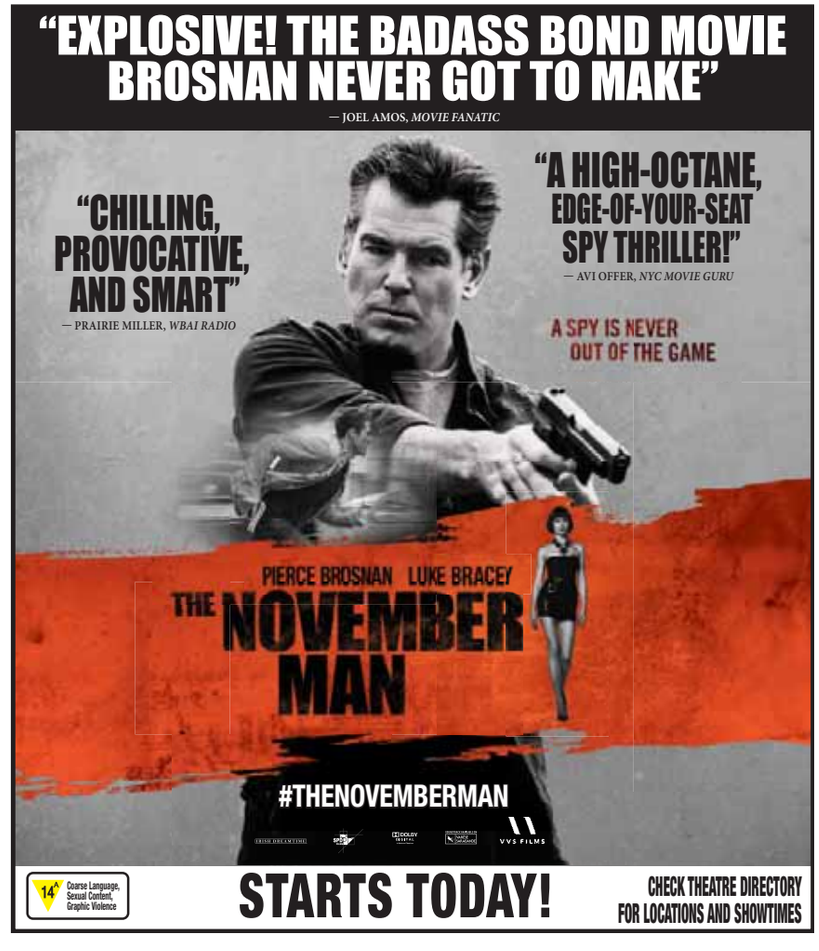
Howard Stern is usually pretty up on current events, so this is somewhat of a surprise. After completing his now mandatory for a celebrity ALS Ice Bucket Challenge, he passed it on by nominating Barbara Walter, Mark Consuelos and … the recently deceased Casey Kasem? That one's going to be pretty tough to pull off.

Twitter

@paulscheer
Yes, I'm playing Taylor Swift! I don't care what you think.

@Miles_Teller
Wait, cul-de-sac is three words or one overly hyphenated word? Was my childhood a lie… ?

@lenadunham
I swear, on all that is holy, that I saw Matthew McConaughey mouth the words "sufferin' succotash" to Woody Harrelson


"EXPLOSIVE! THE BADASS BOND MOVIE BROSNAN NEVER GOT TO MAKE"
— JOEL AMOS, MOVIE FANATIC
"CHILLING, PROVOCATIVE, AND SMART"
— PRAIRIE MILLER, WBAI RADIO
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How to

Secure your data while abroad

Web developer Dan McBride from mmmg.ca has these computer tips:
1. Set a strong password for your laptop login. If your computer currently doesn't ask for a password when you log in, change your settings so it does.
2. Have a backup of all your data in case you lose your device. Try a USB drive or a cloud backup like CrashPlan.com.
4. Public computers can have all sorts of malware that steal data. Use the Private Browser setting and always fully log off. Never enter a credit card number into a public computer.
5. Change your passwords when you get home.

DOUG WALLACE/METRO

Tool

Find the perfect boutique hotel

ZETTER TOWNHOUSE LONDON

The vote is in: Mr & Mrs Smith wins the prize for best online curator of little out-of-the-way hotels in the world, all chosen for their romantic-getaway factor. Whether it's an eco-paradise in Belize, a rural retreat in Puglia, a manor house in Dorset or a tree house in Sweden, their stamp of approval is golden. The site not only outlines hotel facilities, but also the special Smith-only perks, plus a rundown on everything to do in the vicinity, including food and fun. Visit SmithHotels.com. DOUG WALLACE/METRO

Deal

The Bahamas for less

Atlantis Paradise Island in New Providence, Bahamas, is offering rooms from about $128 per night if you book before Sept. 30 for travel between Dec. 1 and 17. This December to Remember promotion gets you into the sun just a bit earlier this season — and away from all the pre-holiday hubbub. Atlantis has the largest water park in the Caribbean, the world's largest open-air marine habitat, their very own (and very sexy) Nobu Restaurant just off the casino floor, not to mention all that white, white sand. Visit Atlantis.com. DOUG WALLACE/METRO

Foodies set to bring Bourdain to Nova Scotia

Foodies and film fans alike will have common cause to celebrate this fall as a small community in the heart of Nova Scotia's wine country gets ready to host what organizers are billing as the world's largest food and film festival.

Located in the idyllic Annapolis Valley, Wolfville is set to further cement its reputation as a culinary destination as it prepares to welcome a slew of world-renowned chefs and film directors to the fourth incarnation of Devour! The Food Film Fest.

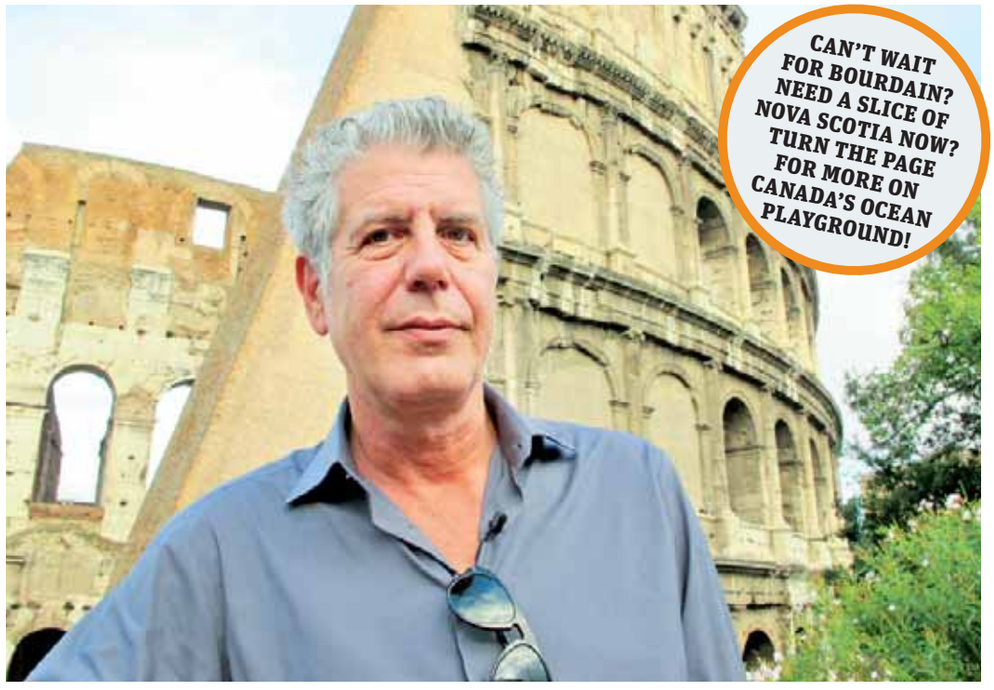
"Our vision is to create the Sundance of food films," says Michael Howell, the festival's executive director.

This year, 8,000 people are expected to descend with cinematic and gustatory gusto on the town of hardly more than 4,000 when the five-day festival kicks off on Nov. 12.

Anthony Bourdain (shown), a celebrity chef turned food writer and journalist is slated to appear at the fest.

Bourdain is an award-winning CNN television host acclaimed for his food travel series Parts Unknown and No Reservations, as well as his best-selling book Kitchen Confidential: Adventures in the Culinary Underbelly.

THE CANADIAN PRESS



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Bucket list

TIM STEW

Charlevoix, Quebec

This bucolic R&R region on the St. Lawrence 90 minutes northeast of Quebec City is the province's best-kept secret — centred around the two main towns of Baie-Saint-Paul and La Malbaie. A bit of an artist enclave, Charlevoix is also a hit with foodies: The Flavour Trail is an agri-tourism circuit laden with craft beers, pâtés, cheese, chocolate and the like. Designated a World Biosphere Reserve by UNESCO, Charlevoix also has watersports, horseback riding, camping and whale-watching, plus dogsledding, snowmobiling and skiing (at Le Massif) in the winter. Tons of B&Bs to take advantage of here, but try the stylish Hôtel La Firme (above), built on the site of what was once a nunnery, or the Fairmont Le Manior Richelieu. Visit tourisme-charlevoix.com.

DOUG WALLACE/METRO

Plains of Abraham offer more than a plain-old history lesson

Quebec. There's plenty to see and do in Quebec City's oasis — get there before the summer is over

MIKE DOJC
life@metronews.ca

Quebec City's war history is as rich as the gravy at très populaire poutinerie Chez Ashton. Strategically perched on the northern bank of the St. Lawrence River on the gateway to the Great Lakes, the fortified walls of Old Quebec were a perennial hot zone in the clash of empires throughout the 18th century.

The sprawling parkland tract where Abraham Martin once grazed his goats four hundred years ago was the site of the grisly watershed battle of the Plains of Abraham where opposing generals Wolfe and Montcalm both suffered fatal wounds in the pivotal Seven Years War skirmish that allowed Britain to gain their foothold in the old French colonies.

These days the plains are the lungs of the city, with sensational lookouts and plenty of spots to lay out a blanket and spread savoury creton on a baguette.

National Museum of Fine Arts of Quebec

Le Musée national des beaux-arts du Québec celebrated its 80th anniversary last year. It is undergoing a $90-million expansion spearheaded by Dutch architect Rem Koolhaas. Be sure to take a gander at spray-paint maestro Jean-Paul Riopelle's Tribute to Rosa Luxemburg, an epic 40-metre long triptych.

Parliament de Quebec

The seat of political power in La Belle Province, just outside Old Quebec's walls is housed in a breathtakingly grand Second Empire style building festooned with statues of local luminaries. You can take a tour and see the chambers where legislators grumble, but the grounds themselves are gorgeous.

Le Grande-Allé

Whether you want to nibble on tartares or sip on an exquisitely prepared cocktail, L'atelier (624 Grande Allé) in the centre of the action in Quebec City's hopping bar district is a great spot to soak up the local nightlife. Not sure what to imbibe? An electronic scoreboard displays the nouveaux hip sips while a liquor elevator porting bottles to the second level also provides inspiration. Hasta La Vista, Beaudet (a rum punch with notes of lychee and cinnamon) is a nice aperitif.

Romance on the Ramparts

A series of gates provide entryways into North America's oldest walled city north of Mexico.

Steal a kiss under a postern archway in the moonlight in Canada's most romantic city. Adventurous lovers can clamber along the ramparts to find a more secluded spot to stage a truly historic makeout session.

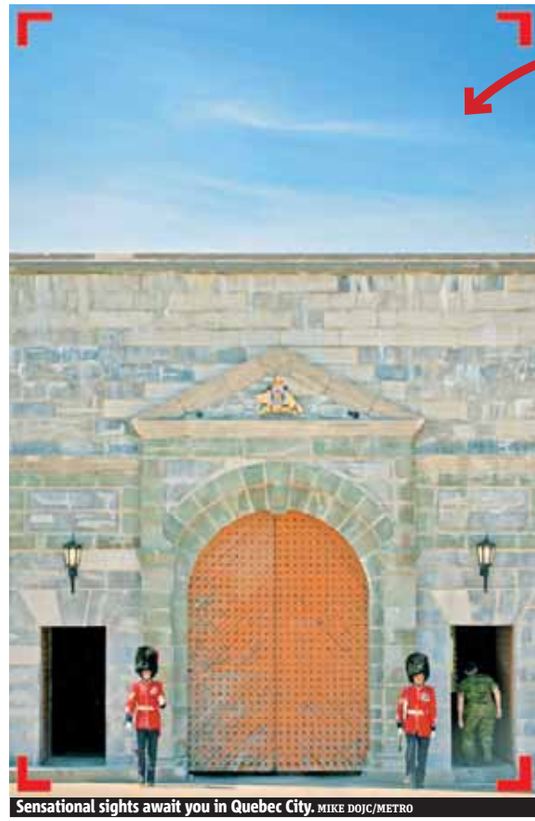
The Citadelle of Quebec

On Cape Diamond, the city's high point, lies the epicentre of Quebec fortifications. After the War of 1812, the Brits decided to upgrade their defensive redoubts and spent 30 years building the fort.

Today it's home to the Royal 22e Régiment, the Canadian Forces' storied French-language infantry regiment, affectionately known as The Van Doos. Peruse the museum and witness the changing of the guard daily at 10 a.m. all summer long through Sept. 1.

Plains of Abraham app

My Mobile Plains, the handy free app, released this past June, provides an interactive map jam-packed with nearly 200 points of interest. Whether you're cruising for the closest cannon side selfie-op or a serious monument-hopping history buff looking to retrace the Marquis de Montcalm's last steps, the app turns you from tourist to tour guide. "You can even take a few virtual bike rides of the streets," says Luc Nicole-Labrie the historical interpretation co-ordinator for the National Battlefields Commission. He was instrumental in compiling the content contained in the app. Don't miss out on the eight augmented reality hotspots that use your device's GPS to overlay historic pictures over your camera's field of view. One nifty one that you'd walk right by without the app is the water reservoir from the 1930s right by Martello Towers. "It's quite cool because you see the inner belly of the park on display," says Nicole-Labrie. The app is currently only available to Android users but a version for Apple devices should be ready by the end of August.



Sensational sights await you in Quebec City. MIKE DOJC/METRO

AUGMENTED REALITY

→ Scan this photo with your Metro News app to learn more about the My Mobile Plains!

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→ See the full instructions on Metro's Voices page.

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A trip through Nova Scotian history

Tripping. From the Bay of Fundy to feasting on local lobster, if you're new to the East Coast, this is where to start

ANDREW JOHN VIRTUE DOBSON
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AUGMENTED REALITY

→ Historic homes, a brewery and whales ... Scan this photo with your Metro News app for more images of Nova Scotia!

metro AR → See the full instructions on Metro's Voices page.

Taking in a Nova Scotia road trip should include a visit to the Alexander Keith's brewery. ANDREW DOBSON/METRO

This summer I enjoyed a week-long road trip through rural Nova Scotia and realized this may be the one province in the region that has it all.

Visitors here enjoy urban rhythms in Halifax, playful humpback whales in the Bay of Fundy, feast on tables brimming with local lobster, oysters and clams and indulge in sweet vino sips at premiere wineries.

If you're planning your first visit to the East Coast and are looking to "taste a little bit of everything," enjoy these essentials of a road trip through Nova Scotia. Alexander Keith's was founded in 1820 in Halifax, making it one of the oldest commercial breweries in all of North America.

The original brewery is located in a massive ironstone and granite building (circa 1820), which offers a perfect stage for your guides, hilarious performers dolled up in period costume. Brew enthusiasts are taken back in time by these animators who showcase 1863 Halifax life in song and story. Guests are given a quick history of the brewery's founder Alexander Keith, and then offered an education on the art of beer making.

Uncover the secrets of quaint Lunenburg via the bubbly seventh-generation Lunenburger Shelah Allen who runs Lunenburg Walking Tours. Her hour-long Essentials Tour explores Old Town Lunenburg, a UNESCO World Heritage Site. Ideal for history and architecture buffs, Shelah offers a humorous, personal narrative dotted with anecdotes passed down through her family over the years.

I've been on whaling expeditions in British Columbia, Ecuador, Iceland, South Africa and New Zealand and "the show" I experienced in Nova Scotia's Bay of Fundy wins top prize. Our entire boat was in fits of gleeful hysterics when two friendly humpback whales rolled around in the ocean, slapping their fins and poking up out of the water to say hello. Petit Passage Whale Watch departs each day from the East Ferry on the Digby Neck.

No trip to Nova Scotia is complete without a visit to the province's premiere viticulture region, The Annapolis Valley.

The province's newest winery, Planter's Ridge, is housed in a newly renovated 150-year-old heritage timber-frame barn.

The vineyard is planted on the sandy-clay slopes of a ridge overlooking Wellington Dyke, which offers visitors a stunning view from the winery's sun drenched patio.

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When I dip, you dip, we dip Cold Rice Paper Wrapped Shrimp Noodle Rolls

Light dinner or lunch. Everyone at your dinner table will enjoy dunking these rolls into a simple Peanut Dipping Sauce

DINNER EXPRESS
Emily Richards
food@metronews.ca

By wrapping up dinner, you can enjoy something a little bit different — and very tasty!

You've likely wrapped up your chicken or shrimp in a flour tortilla, but why not try the lighter rice paper wrapper version?

Rice paper wrappers are great for salad rolls and an easy way to wrap up noodles and dip into your favourite dipping sauce. However, they can also be enjoyed on their own.

These Cold Rice Paper Wrapped Shrimp Noodle Rolls can be made ahead by wrapping individually with some damp paper towel or parchment paper then over wrapping with some plastic wrap and refrigerating until you are ready to enjoy them.

Try them for lunch or a light dinner and get everyone filling and wrapping their own.

As an added bonus, these make an awesome appetizer for your next weekend get-together. Simply cut them in half and serve them up!

If you're looking for a vegetarian option, replace the shrimp with firm tofu.

1. Place the fine brown rice vermicelli noodles in large bowl and pour boiling water over top. Let stand for 10 minutes. Drain and rinse under cold water.

2. Once they're cooled, combine the prepared vermicelli noodles with the shredded carrot, thinly slice shiitake mushrooms, chopped cilantro and mint, and soy sauce. Stir in 30 ml (2 tbsp) of the Peanut Dipping Sauce (see Step 5) and mix well to combine.

3. Fill a shallow bowl or dish with warm water and place 1 rice paper wrapper in it at a time for about 30 seconds or until softened.

4. Place the rice paper wrapper on damp clean tea towel and put 1/10th of the noodle mixture in centre. Top with two shrimps and fold ends in and roll up jelly roll style. Repeat with remaining ingredients until all is used.

5. Cover the prepared rolls with damp paper towels and wrap with plastic wrap. Refrigerate for up to 2 hours. Serve with Peanut Dipping Sauce.

6. Peanut Dipping Sauce: In a small bowl, stir together the hoisin sauce and smooth peanut butter. Slowly whisk in the rice vinegar and enough of the warm water until the mixture is smooth and combined. Set aside.

FLASH FOOD
From your fridge to your table in 30 minutes or less

This recipe makes 10 rolls. EMILY RICHARDS

Ingredients

- 100 g fine brown rice vermicelli noodles (about 1/4 of a 400 g pkg)
- 1 carrot, shredded
- 1 cup (250 ml) shiitake mushrooms caps, thinly sliced
- 1/4 cup (60 ml) chopped fresh cilantro
- 2 tbsp (30 ml) chopped fresh mint
- 2 tbsp (30 ml) soy sauce
- 20 large cooked shrimp, tail removed (about 8 oz/250 g)
- 10 rice paper wrappers (about 8 3/4 inch /22 cm diameter)

Peanut Dipping Sauce
- 3 tbsp (45 ml) hoisin sauce
- 4 tsp (20 ml) smooth peanut butter
- 3 tbsp (45 ml) rice vinegar
- 2 tbsp (30 ml) warm water

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Kind of, sort of, Kung Pao Pork

Let's just get something out of the way. This is not an authentic Kung Pao recipe. If you are looking for an authentic Kung Pao recipe, just move along.

If, however, you're looking for a delicious weeknight-friendly recipe for stir-fried pork that tastes very much like great Kung Pao, this is it.

1. Marinade: In bowl, whisk together the soy sauce, vinegar and sesame oil. Add the pork, stirring to coat well. Cover and refrigerate until ready to cook.

2. In a small bowl, whisk together the water, soy sauce, vinegars, the sugar, ginger, sesame oil, cornstarch, red pepper flakes, garlic and hot sauce. Cover and refrigerate until ready to cook.

3. When you're ready to cook, bring saucepan of water to a boil. Add noodles and cook until tender, according to package directions.

4. Meanwhile, heat skillet over medium-high. Add marinated pork, including any liquid in the bowl. Cook until pork is nearly cooked through, about 10 minutes. As soon as noodles cook, drain and add to the pork, tossing well. Add the sauce, toss to coat well. Cook for another 2 to 3 minutes, or until the sauce has thickened. Stir in the peanuts and scallions.

THE ASSOCIATED PRESS

Ingredients

Marinade
- 2 tbsp low-sodium soy sauce
- 2 tbsp rice or cider vinegar
- 2 tbsp toasted sesame oil
- 1 1/4 lb pork tenderloin, cut into 1-inch chunks

Sauce
- 1/2 cup water
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice or cider vinegar
- 1 tbsp red wine vinegar
- 1 tbsp sugar
- 1 tbsp grated fresh ginger
- 1 tbsp toasted sesame oil
- 1 tbsp cornstarch
- 1/2 tsp red pepper flakes
- 3 cloves garlic, minced
- Hot sauce, to taste
- 8-oz package udon noodles
- 1/2 cup roasted shelled peanuts
- 6 scallions, chopped

Poems, tweets and cool fonts — oh, my!

Updates. Research will come in handy when revising your resumé. Depending on the company, a haiku may be the key to the job

LEAH RUEHLICKE
TalentEgg.ca

The sound of waves at the beach or a soft-serve twist cone may be refreshing in these final days of summer, but you aren't the only thing that needs refreshing: Your resumé needs a twist cone of its own.

You may not think much has changed since last year. Maybe you had a new job this summer, so you can add that to your experience section — but otherwise your resumé should be ready to go, right?

We're immersed in an era of constant evolution, where the types of jobs people have (and the skills they need) are constantly changing.

For instance, having computer skills is no longer noteworthy — it's expected.

What you should be highlighting this season could be quite different from what topped your bullet points last year. Here are some things to keep in mind.

The social game

There's a world of opportunities out there that has sprung up because brands and businesses are utilizing social media. Pick out new platforms on which to showcase your abilities or find unique ways to use them.

A Snapchat resumé? That's unlikely, but these are the types of things brands are doing to stand out. Why should your job application be any different? Do some research on different businesses in your industry. What social platforms do they use? What tone of voice are they using to communicate through them?

Tip: If a company uses its Twitter feed to be quirky and engage with its community in a humorous way, consider this when tailoring your resumé for a position with them.

Get punchy

The competition is strong and employers have access to a sky-high stack of resumés. Make yours more reader friendly. Condense your wording and find ways to make your key points stand out.

Tip: Look at all the sections of your resumé and pick one point from each that is the most important for each position for which you're applying. Highlight these.

Want your resumé to stand out from the pile? Maybe it's time you gave it an overhaul. ISTOCK

Stand out

If a job's requirements state "degree and applicable experience," you're likely one of thousands that fit that criteria — so find ways to make your resumé noteworthy. What were you involved in this past year? What electives did you pursue?

Be more than enough

If a job's requirements state "degree and applicable experience," you're likely one of thousands that fit that criteria — so find ways to make your resumé noteworthy. What were you involved in this past year? What electives did you pursue? How did they shape your career plans? Think about what you did this year and how that translates into the job you're looking for, and share this with an employer.

Tip: Take a good look at what you did this past year and find a unique way to translate what you took away from all those different experiences.

Go back to basics

Times New Roman might be a classic font, but is that what's going to get your resumé seen? Go back to the simplest of details such as font, size and spacing. What employers are looking for is constantly changing, so how can you ensure these details work in your favour?

Tip: If a company appears very professional and by-the-book, tailor your resumé to fit that tone. If they've written their job posting as a knock-knock joke, you might consider writing your skills section in the form of a haiku.

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So it really is about who you know

Networking. If you recently graduated and are on the hunt for a job, this guide to making connections will set you on the right path

MISHA BAUDISCH-MCCABE
TalentEgg.ca

Today's job market is fierce. You've probably heard that new grads are overeducated — and underemployed.

But don't let the bad news slow you down on the road to finding your dream job.

Networking is a key way to stand out and break in to your industry. It might seem terrifying at first, but if you follow these guidelines, you'll be a lot closer to your first so-called grown-up job in no time.

Leave pride at the door

The simple truth: it's often who you know that lands you the interview. Time and again, new professionals say they want to make it on their own without a hand up. They don't want to use their connections, because they want to feel like they "earned" their job title.

This is noble thinking — but it's also foolish and misguided.

Networking is not about asking for a free job, but rather creating relationships with people in your industry. It's a skill that matters just as much as your resumé and past work experience, since it can open so many doors.

So start reaching out now. There are new connections to be forged all around you. Ask your old professors, family friends, even your friends' parents, to meet up and chat over coffee.

Tip: If you're interested in what they do, why not ask them how they got there?

Take opportunities

You've just graduated. Maybe you're staying in your university town, maybe you've moved back home, or maybe you've moved to a new city altogether. Wherever you've decided to go — get out there! Attend networking events, alumni functions, meetups, your local for a pint, or even join an intramural sports team. Take your friends and peers up on the invites to a lecture series or coffee-shop concert.

Tip: If you're not putting yourself out there, you can't meet anyone. You never know where you might make a valuable connection.

It's not about you ... at first

People love to talk about themselves! Capitalize on this. As you start your career, look to connect with people who have excelled in their sector. Once you've identified who you want to talk to, make sure you phrase your "ask" right. Make it about them. Keep it short and sweet.

Explain that you're looking to get into their industry and want to learn how they've become leaders in their field. Everyone wants to impart their wisdom and is flattered when you see them as a mentor.

Tip: Before you meet up, make sure you do your research. Show them you're sincerely interested by reading up on their LinkedIn profile and becoming familiar with their notable work.

Do what you say you're going to do

This might seem like common sense, but once your new contact agrees to meet up for coffee or review your resumé, make sure you see it through.

While job-hunting as a recent grad, I reached out to a leader in the food security sector and connected for a coffee. I asked my new connection if she would be willing to review my resumé.

She was shocked when I sent along my resumé the next day — apparently many people ask, but few follow-through.

Tip: Showing follow-through is the only way to build trust and nurture your new relationships and connections.

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You never know where a new connection might lead, so don't be shy about making new acquaintances. ISTOCK

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Bouchard breezes past first opponent

U.S. Open. Canada's star player steamrolls to 6-2, 6-1 win at Flushing Meadows

Eugenie Bouchard returns a shot against Olga Govortsova during the first round of the U.S. Open on Tuesday in New York. ELISE AMENDOLA/THE ASSOCIATED PRESS

Eugenie Bouchard needs to put her hard-court struggles behind her if she wants to make another deep Grand Slam run.

A 59-minute dismantling of Olga Govortsova in the first round of the U.S. Open will certainly go a long way.

Bouchard, the women's seventh seed from Westmount, Que., steamrolled her way into the second round at Flushing Meadows with a 6-2, 6-1 win over Govortsova on Tuesday.

She produced 19 winners and broke on four of six chances against her 117th-ranked Belarusian opponent, whom she also beat two years ago on hard court in Washington.

"It's definitely never easy in the first round of a Grand Slam, so I'm happy to get a win under my belt," said the Wimbledon finalist. "I want to get on a roll and keep the momentum going."

Bouchard, the only woman to reach the semifinals of all three previous Grand Slams this season, defended all three break points she faced against Govortsova.

After failing to convert two break points in the fourth game of the first set, Bouchard won four straight games to take the set 6-2.

Two more breaks put Bouchard up 2-0 and 5-1 in the second set, then she finished Govortsova off on her first match point when the Belarusian hit the net.

Bouchard has excelled at Grand Slam events this season, but has struggled on the hard court this season winning just one match over three events leading up to the U.S. Open.

"The past few weeks have been a bit of a struggle. I don't feel like I'm putting too many high expectations on myself," Bouchard said. "I have the inner confidence that I know if I'm playing as well as I know I can that I can do well.

"I don't want to set a specific goal to reach a certain round, because every round is so tough here. I always know that I can do well."

Bouchard, playing the U.S. Open for the second time after winning a round in her 2013 debut, will next play Romania's Sorana Cirstea.

She said that she has put in extra time training in New York after recovering from a hamstring injury which limited her at her previous event in New Haven last week.

"I hurt it during a practice a few days before the event, and really cut down on practice before the event," she said. "I didn't feel so good on the match court." THE CANADIAN PRESS

AUGMENTED REALITY

→ Scan the image with the Metro News app for a photo gallery of Tuesday's matches.

metro AR → See the full instructions on Metro's Voices page.

CiCi Bellis, 15, stuns all with win

CiCi Bellis reacts after defeating Dominika Cibulkova at the U.S. Open on Tuesday in New York. STREETER LECKA/GETTY IMAGES

American teen CiCi Bellis became the youngest player to win a U.S. Open match since 1996 — almost three years before she was born — when she stunned Australian Open runner-up Dominika Cibulkova.

The 15-year-old Bellis rallied from down a break in the third set for a 6-1, 4-6, 6-4 first-round victory Tuesday over the 12th-seeded Cibulkova. With an overflow crowd at a cozy side court roaring, she broke Cibulkova's serve to clinch the match.

"I never thought I'd come out like this," she said in an on-court interview. Anna Kournikova was also 15 when she won at the U.S. Open in 1996.

Bellis' title at the USTA Girls' 18s National Championship earned her a wild card into her first tour-level main draw. The Californian was the youngest champion of that event since Lindsay Davenport also won it at 15 in 1991.

After the match, Bellis ran across the court to hug members of her cheering section. She's the youngest American to win at the U.S. Open since a 15-year-old Mary Joe Fernandez in 1986. THE ASSOCIATED PRESS

Stampeders

West gets CFL week award after brother killed

Receiver Joe West was named the CFL's offensive player of the week after helping the Calgary Stampeders beat the Ottawa Redblacks just hours after learning his brother was murdered. THE CANADIAN PRESS

Free agent

Teams line up for Dressler

Let the Weston Dressler sweepstakes begin.

The CFL announced Tuesday that Dressler had cleared NFL waivers and therefore was an unrestricted free agent. The former Saskatchewan Roughriders slotback was released Monday by the Kansas City Chiefs.

With the league's salary cap having risen to $5 million this season, there are reportedly as many as five clubs interested in signing the veteran receiver. THE CANADIAN PRESS

Weston Dressler GETTY IMAGES

Roughriders

Kornegay to hang up his cleats

Defensive back Tad Kornegay, who helped the Saskatchewan Roughriders win the 2007 Grey Cup title, will retire as a member of the team, the Roughriders announced Tuesday.

Kornegay played 116 regular season games, six playoff and four Grey Cup games. THE CANADIAN PRESS

Argos

Owens to miss Ticats faceoff

The Toronto Argonauts don't expect to have veteran receiver/kick-returner Chad Owens when they face the Hamilton Tiger-Cats on Monday.

Owens suffered a leg injury in the fourth quarter of Sunday's 41-27 road loss in Edmonton. THE CANADIAN PRESS

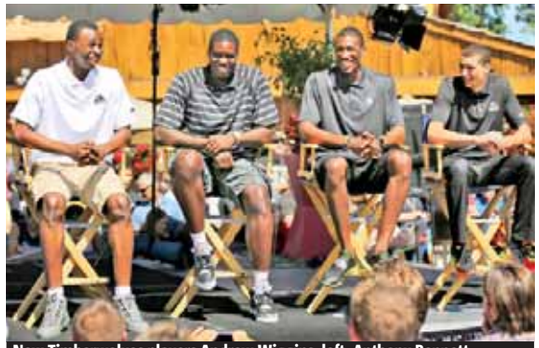
Warm welcome in Minnesota for Andrew Wiggins

Trade deal. Newest Timberwolves get the love at state fair

Andrew Wiggins spent the previous month seemingly in hiding, side-stepping questions about a trade that was all but finished and coming to the realization he was not going to be teammates with LeBron James.

On Tuesday, finally, Wiggins and the rest of the new Minnesota Timberwolves got to address the issue head on and have their moment in the sun.

The Timberwolves unveiled the bounty they got for All-Star Kevin Love at the Minnesota State Fair, and Wiggins wore an ear-to-ear smile for most of the day as hundreds of fans followed him around the fairgrounds. It was a warm welcome after the disappointment of being drafted No. 1 overall by Cleveland, only to be shipped out when the Cavaliers decided to acquire the veteran Love to help James chase down a championship.



New Timberwolves players Andrew Wiggins, left, Anthony Bennett, Thaddeus Young and Zach LaVine attend a news conference at the Minnesota State Fair on Tuesday in Falcon Heights, Minn.
BRIAN MARK PETERSON/STAR TRIBUNE/THE ASSOCIATED PRESS

Quoted

"It's been a crazy summer, really up and down. Kind of lost, not really knowing where I'm going."
Andrew Wiggins

"It's been a crazy summer, really up and down. Kind of lost, not really knowing where I'm going," Wiggins said. "But I wanted to play for a team that wanted me. I felt the love as soon as I got off the plane at the airport, so it's all good now. I'm excited for this season."

Wiggins made the remarks while sitting on a stage with Anthony Bennett and Thaddeus Young — the two other players that came to Minnesota in the three-team blockbuster — and Timberwolves first-round draft pick Zach LaVine.
THE ASSOCIATED PRESS

Ruling

MLB denies weekend protest by Tampa Bay Rays

Major League Baseball on Tuesday denied a protest filed by the Tampa Bay Rays last weekend in Toronto.

Executive Vice-President for Baseball Operations Joe Torre made the ruling, which stemmed from a play disputed by Rays' manager Joe Maddon in Saturday's 5-4 loss to the Blue Jays in 10 innings.

Wil Myers was called safe at first base on a pickoff throw by Toronto pitcher Mark Buehrle. After Buehrle returned to the rubber, Blue Jays' manager John Gibbons came out to challenge the call. THE ASSOCIATED PRESS

Committed. Kevin Love dedicated to winning for Cavaliers with LeBron

Kevin Love's phone rang in July and LeBron James asked the All-Star forward if he wanted to play with him in Cleveland.

"I'm in," Love told James.

For the long haul.

Getting used to a new city and new team after being acquired by the Cavaliers on Saturday, Love said he's committed to winning an NBA title with the Cavaliers — however long it takes.

Love, who didn't make the playoffs during six sometimes rocky seasons with Minnesota, can opt out of his contract and become a free agent next summer.

But Love, 25, regarded as the game's top "spacing" forward, said he intends to stay with James and the Cavs.

"I'm committed to this team, committed long-term to the end goal and that's to win championships," he said.
THE ASSOCIATED PRESS

Kevin Love of the Cleveland Cavaliers. THE ASSOCIATED PRESS

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2014 Nissan Altima

- **Type:** Four-door, front-wheel-drive mid-size sedan.
- **Engine:** 3.5-litre V6 (270 hp)
- **Transmission:** Continuously variable (CVT)
- **Base price:** $32,998 (plus destination)

Market position

Many mid-size sedans offer only four-cylinder engines, but there are still buyers who prefer to drive a V6. The Altima 3.5 bridges the gap between the four-cylinder model and the larger Nissan Maxima.

Points

- The Altima was redesigned for 2013, and continues into 2014 with minor changes to its standard features.
- Paddle shifters let you shift to pre-set points on the CVT, for sportier driving or when a burst of power is needed.
- The Altima includes Easy Fill, which monitors the tires when they're being filled with air, and honks the horn at the right pressure.

Rear seats offer lots of leg room, and fold for extra trunk space.

Interesting features

Heated steering wheel, push-button ignition, Easy Fill tire-pressure monitor, Bose premium audio, available electronic safety features package.

Power comes at a price

PHOTOS: JIL MCINTOSH

Review. Nissan Altima mid-size sedan still offers a V6 option, but only on the top trim

JIL MCINTOSH
drive@metronews.ca

Four-cylinder engines have vastly improved over the years and, in many cases, they've become so powerful that some models don't even offer V6 engines anymore. But there are buyers who still want that bigger engine, and one still offering it is the Nissan Altima.

Although the four-cylinder Altima comes in four trim lines, the V6 comes only in top-line SL trim, starting at $32,998.

This also gives you such creature comforts as dual-zone climate control, heated leather seats, a heated steering wheel, premium stereo and a rear-view monitor.

My tester was further optioned with a Technology Package for $1,100, which added navigation, lane-departure warning, blind-spot monitor, and moving-obstacle detection, which warns if pedestrians or vehicles are nearby when backing up.

The 3.5-litre engine makes 270 horsepower, and it's powerful and quiet. It's mated to a continuously variable transmission (CVT), an automatic that uses pulleys instead of gears for optimum fuel economy. These units can sometimes feel unusual, but the Altima is among the best I've driven, and it's often hard to detect that it isn't a regular transmission.

The Nissan Altima's interior is roomy and handsome, and the controls are big and easy to use when driving.

In combined driving, I averaged a decent 7.6 L/100 km, which was also well within the car's published range.

The ride is stable and smooth, but I did find the steering a bit jerky, especially on longer, sweeping curves. Test-drive it thoroughly, and at lower and higher speeds, to determine if it's right for you.

The interior is roomy and handsome, and I like that the controls are big and easy to use when driving.

Those in the rear seat will enjoy lots of legroom, but although the seats fold down for extra trunk space, you don't get a completely flat cargo floor.

The step up to the V6 is expensive: the top-line four-cylinder model is $28,898, and it's outfitted very similarly to its V6 sibling. So even if you believe that bigger is better, try them both before you buy.

Compare

1 Chrysler 200 V6
Base price: $26,995
Its 3.6-litre V6 makes 295 horsepower, and it's available with all-wheel drive starting at $31,495.

2 Honda Accord V6
Base price: $34,828
A smooth ride, nice handling and many features complement the Accord's 278-hp, 3.5-litre V6.

3 Toyota Camry V6
Base price: $29,810
The 268-horsepower 3.5-litre V6 will carry over into the Camry's extensive styling refresh for 2015.

Road warriors tame the wild west

Superman behind the wheel of a Western Star, Jamie Davis and his crew of heavy-duty tow-truck drivers put life and limb on the line as they brave some of Canada's most inhospitable roads. With Season 3 of Highway Thru Hell hitting the turnpike Sept. 2 at 10 p.m. ET/PT on Discovery, we asked the series lynchpin to open up about his saltiest co-stars — the deadly highways — including his new territory in Alberta's oil country

MIKE DOJC
drive@metronews.ca

The Coquihalla: Hope to Merritt

Colloquially known as The Coq, this major north-south, avalanche-prone artery links the lower mainland with the Okanagan and travels over very high mountain passes.

It can be easy on the eyes in the summer, with breathtaking Alpine views, but a section known as The Smasher (the area through the snow shed to the top), can wreak havoc all year round.

"In the summertime, vehicles will start to overheat, transmissions will get hot and fail sometimes," explains Davis.

"In the wintertime, guys will either smash their trucks up or they'll smash their gears and their rear ends. It's hard on equipment."

Jamie's Tip: Be prepared. Fill up before you go and have survival gear in your car: warm blankets, candles, extra food and water. "You could conceivably be shut down on that mountain for 10 hours."

The Coq is a mountainous avalanche-prone artery to the Okanagan.

AUGMENTED REALITY

→ Heavy-duty heroes. Scan this photo with your Metro News app for a trailer of Highway Thru Hell's third season, in which Jamie Davis and his crew struggle to keep vital B.C. and Alberta highways clear of accidents and avalanches.

metro AR → See the full instructions on Metro's Voices page.

Highway 3: Hope to Princeton

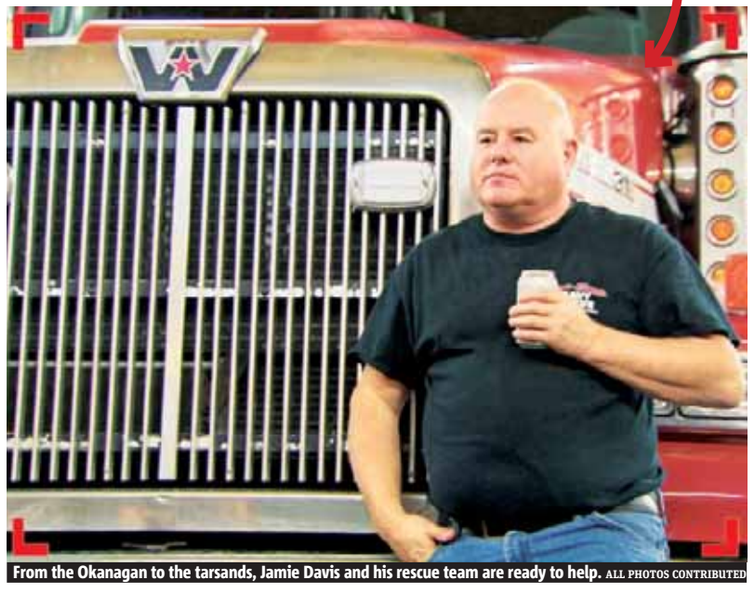
This established highway, built a half-century ago to serve the Kootenays and the lower part of the province, can be a white-knuckled affair for inexperienced drivers, made all the more intimidating by the lack of guardrails.

Wits need to be kept on Skaja Bluffs and 21-mile curve, a.k.a. Dead Man's Curve, a couple of hairpin deathtraps.

"Skaja has seen a couple of big-rig accidents," says Davis.

"But it probably catches more motorcycles off guard than anything else, and 21-mile curve is notorious for tractor-trailer rollovers coming down the hill."

Jamie's Tip: Don't be brazen or cocky with the road or it will bite back.



From the Okanagan to the tarsands, Jamie Davis and his rescue team are ready to help. ALL PHOTOS CONTRIBUTED

Fraser Canyon Route/Highway 1

Before the Coq was built, there was no other route into the interior except for this twisting road that wends through the Cascade Mountains where rockslides are prevalent.

The most-gnarly climb has a fitting name, Jackass Mountain, where tractor-trailers flip on their four-ways and grind to a donkey's canter.

"A few years ago, we had a big rock come down and go right into the cab of a trucker hauling a b-train load of fuel," Davis recalls. "The tanker gently rolled into a ditch without exploding and, at the same time, there were 100 railway workers below on the other side of the road on the tracks. We got haz-mat there and pumped out the tanker, but the rock hit the top of the truck, went right through and killed the driver instantly."

Jamie's Tip: There are steep hills and curves — drive the road.

Highway 63 to Fort McMurray

Blowing snow and black ice can cause chaos on this northern Alberta roadway (top photo), which serves the Athabasca Oil Sands. Construction is underway to twin the road but, for now, it remains mostly a two-lane undivided highway.

"There is a lot of heavy-duty, industrial, slow-moving traffic on there, and people want to pass the loads, so there are a tremendous amount of head-on accidents," says Davis. "Workers come out of the oil fields wanting to get home after three weeks in and they're raring to go, almost recklessly trying to get home."

Despite efforts to shift schedules to ease traffic, the sheer scale of the oilsands threatens to overwhelm the highway.

Jamie's Tip: A lot of people won't travel the highway during shift-change days: Tuesdays and Thursdays.

Highway 881 to Fort McMurray

A decade ago, this was still a gravel road. Although the traffic volume is slighter than its neighbour, Hwy. 63, this is the detour route whenever accidents close that route.

From 2006-10, there were 3,339 accidents on both highways combined, resulting in 99 deaths, according to the Coalition for a Safer 63/818.

"A lot of accidents happen in the wintertime on this highway," says Davis. "I can remember one time when Adam and his crew started out at 10 a.m., went up that highway and were pulling vehicles out non-stop all day. He got all the way to Fort McMurray and continued to pull out vehicles on the way back down 63 to Lac La Biche, where they were based."

Jamie's Tip: Don't pass, stay behind, and slow down. "Passing to get somewhere a little quicker ... is what has killed a lot of people."

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New engine prefers running in circles

Autopilot. Although axial designs have never worked before, a New Zealand company thinks it has perfected the idea

AUTO PILOT
Mike Goetz
drive@metronews.ca

An internal combustion engine usually employs multiple cylinders arranged in a straight line (I4 or I6), in two banks of opposing cylinders in a V-shape (V6, V8), or along a flat plane (Subaru and Porsche).

These various configurations have served us well, but a New Zealand firm called Duke Engines believes we should also try going around in circle.

Now, there have been circular, or arial, designs in the past — most notably on Second World War era aircraft. With Duke's circular engine, the pistons not only go up and down as normal, they also circulate around an axis (the crankshaft). That's why the configuration is called axial.

An important point in any discussion about axial engines is that none have ever been successful.

Having pistons go up and down *and* around is not a recipe for smoothness, and presents lots of challenges for lubrication sealing and keeping the stress out of that one crankshaft bearing.

The main advantages are that you don't need a big heavy block to hold those pistons, and you don't need spark plugs and fuel injectors for each cylinder.

Since the pistons rotate, they move over to the firing station, then on to the exhaust station, and around again.

Duke's prototype has five cylinders but only three sets of ports, spark plugs and injectors, yet produces the same amount of power strokes as a six-cylinder engine. So compactness and light weight are the major hallmarks of this design. The whole thing can be packaged in a very tidy barrel-like housing, to make a very dense power unit.

Watch it work

Check out the video of the Duke engine in motion at dukeengines.com (under the Unique Design button) and see if you're not mesmerized by the mechanical synchrony.

The way everything moves inside that barrel is quite elegant, too.

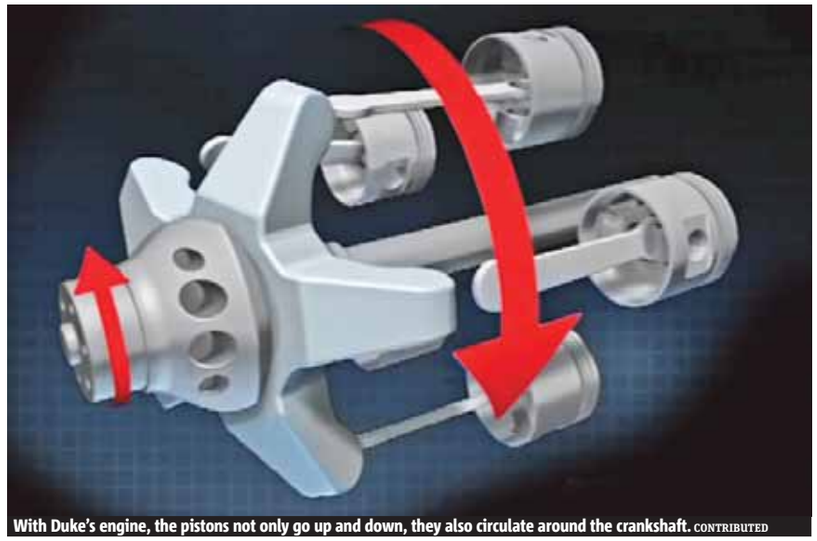
Duke's chief technology officer, Mike Fry, recently told the Society of Automotive Engineers that the engine "is on the cusp of commercialization" and that the firm is now looking for the right first application.

It's not likely that the first application will be in a vehicle. Its best first chance is probably something military, marine or aerospace.

But Duke said the engine would work well as an automotive range-extender engine. (Think of auxiliary gas engines in the Chevrolet Volt and Cadillac ELR).

It also feels like there is more willingness out there to challenge the status quo of the auto industry.

Maybe some upstart technology company, or some non-automotive company, will take the Duke circular engine and run with it, and give the internal combustion engine another interesting chapter.



With Duke's engine, the pistons not only go up and down, they also circulate around the crankshaft. CONTRIBUTED

Lapping the lake with a good sport bike

Kawasaki ZX-6R. Crotch-rocket comfy and nimble on twists and turns of Okanagan

MARISSA BAECKER
drive@metronews.ca

Supersport (a.k.a. crotch-rocket) bikes are designed for one purpose: racing.

Built for speed, the rider triangle is intentionally compact and not necessarily conducive to taller riders. Since I stand 5 foot 11 inches, I have intentionally shied away from them.

But then I spent two days at the California Superbike School in Las Vegas, learning the ropes of supersport riding and developing high-speed cornering and braking skills.

I pushed my limits beyond the comfort zone and gained invaluable knowledge about what bikes can do, as well as what I can do riding one.

Naturally, I wanted to put my newfound abilities to good use and give supersport riding another shot.

So Barry Wellings, owner of Valley Moto Sport in Kelowna, let me borrow a 2014 Kawasaki ZX-6R ABS, which sells for about $12,500.

"There are no miles on it, so watch the tires," he warned. "The guys just put it together. They don't stick around very long — riders love this model."

Standing before me was a brand new, sexy, full-fairing motorcycle in pearl flat crystal white (which matched my Alpinestars leathers and Arai helmet beautifully), with flat black accents.

Once seated in the 32.7-inch-high saddle, I was pleasantly surprised by how well I fit the bike. My thighs moulded right below the bevelled tank as my knees gripped either side.

After a few kilometres on the road, I was even more surprised with the comfortable angle of my wrists, and how natural it was to keep my elbows tucked in. Steering was effortless and I truly felt like one with the bike.

A quick fill-up and I was off for a 2 1/2-hour lap around Okanagan Lake, including 70 kilometres of twisties along the thrilling Westside Road.

As I opened the throttle, this middleweight was quick to let me know that its 636-cc liquid-cooled in-line four-cylinder, four-stroke engine produces enough torque to kick-start my heart.

After a half hour of sweeping curves and spectacular scenery above Kalamalka Lake, I settled in without any complaints from my body.

At the head of the lake, I made a turn onto Westside Road. There are several warning signs along this stretch reminding motorists of the tricky navigation, which is what makes it so enticing to motorcycle riders.

I kept a good pace within my limits and was exhilarated with the handling and performance of the ZX-6R. The traction control gave me peace of mind, the ABS evenly slowed the bike down entering the curves, and the low- to mid-range torque consistently pulled me out of the tight corners.

I pulled into the parking lot where Wellings was waiting with another eager rider.

"The tires are warmed up," I smiled.

Warning signs dot the roads around Okanagan, making them all that more enticing to motorcyclists. MARISSA BAECKER

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You are under a lot of pressure but that's when you tend to do your best work. If there is one thing you enjoy, it is a challenge that pushes you to the limits of your ability.

♉ Taurus
April 21 - May 21
Don't complain that certain people are making life difficult for you because, even if it's true, it will be to your advantage.

♊ Gemini
May 22 - June 21
The challenges you face over the next few days will be of a minor nature, so try not to get worked up about them.

♋ Cancer
June 22 - July 23
Your way with words will help you out of a tight corner today. Just because it was fairly easy to talk your way out of trouble this time does not mean it will be so easy again. Next time, try not to be so provocative!

♌ Leo
July 24 - Aug. 23
You want to get on in the world but you also need to set aside time to unwind with your family and friends. Forget about work over the next 24 hours – do only what feels good.

♍ Virgo
Aug. 24 - Sept. 23
There is no reason why you should be feeling depressed because everything is going right for you now. If you really can't see that then maybe you need to shift your perspective.

♎ Libra
Sept. 24 - Oct. 23
A negative feeling has been nagging you the past few days. You need to understand and accept that you're not responsible for the bad things that go on in the world.

♏ Scorpio
Oct. 24 - Nov. 22
Stay on good terms with co-workers. The planets warn if you try to improve your position at someone else's expense, will you fail and also make an enemy for life.

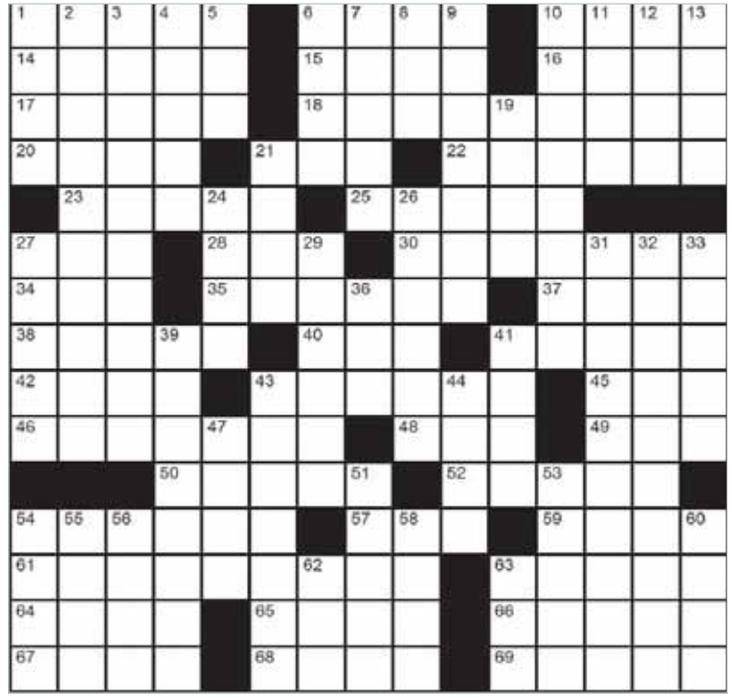
♐ Sagittarius
Nov. 23 - Dec. 21
This is a busy time, so take regular breaks. There is no point running yourself into the ground, especially in pursuit of things of a material nature.

♑ Capricorn
Dec. 22 - Jan. 20
You want to do something special today. Make sure, however, that it is something constructive and that it benefits others as well as yourself.

♒ Aquarius
Jan. 21 - Feb. 19
You need to make a decision — quickly. Actually, you know what needs to be done, what you have lacked up until now is the motivation to do it. What happens over the next 24 hours will finally inspire you.

♓ Pisces
Feb. 20 - March 20
You may want nothing more than to get away but you have duties that demand your attention. See to them first.

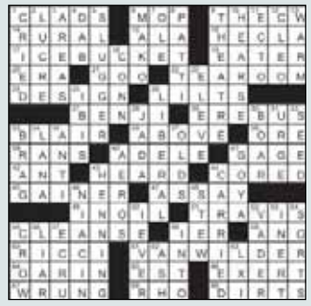
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "__-'Rouser" by guitarist Duane Eddy
6. Synagogue
10. Wail
14. Gene Vincent's "Be-Bop-_-__"
15. French Sudan, now
16. Ethereal emanation
17. Right-hand page
18. Scottish Highlands-set series, new on Showcase
20. Marc __ (Fashion designer)
21. Star's secret
22. A way to be repaid: 2 wds.
23. String sounds
25. Rick __, music producer
27. Prince Valiant's son
28. "Jaws" (1975) star Mr. Scheider
30. British Columbia city
34. Seafaring hazard
35. Nunavut hamlet on Hudson Bay
37. Connected
38. "The Shoop Shoop Song (It's __ __ Kiss)"
40. Liq. measures
41. Took the helm again
42. Small estuaries
43. Villain's expressions
45. Stuff in Joni Mitchell's "Big Yellow Taxi"
46. "Star Search" host Ed
48. First 'S' in USSR [abbr.]
49. Andy Capp's wife
50. Garrisoned
52. Eden edible
54. "Can I be __ __?" (Store query)
57. Furniture wood
59. "Dirty Jobs" host Mike
61. Tom Cochrane & Red Rider hockey hit: 2 wds.
63. "It's __ __ Never" by Elvis Presley
64. Airport designation, e.g.
65. Design style, Art __
66. Deflect
67. Massachusetts' motto starter
68. Visible
69. Radiohead singer Thom

Down
1. Carnivore's steak request
2. EDM = __ Dance Music
3. Royal Childhood, current exhibition at __ Palace
4. Mr. John
5. Philosopher, __-tzu
6. Air problem
7. "Blade Runner" (1982) star, Rutger __
8. Final [abbr.]
9. As per #3-Down, Queen Elizabeth's childhood nickname
10. Canada's 5, 10 or 20: 2 wds.
11. Four-ringed logo car
12. Small songbird
13. Cooking fat
19. Indigo
21. Biblical instrument
24. Fat: French
26. Tsar's edicts
27. Make _ __ offer
29. One of The Dionne Quintuplets
31. 1972 hit for Canadian band Skylark
32. Creative pastime
33. Beef up: 2 wds.
36. 'Final' suffix
39. Canadian pairs skating great Ms. Brasseur
41. Invitation letters
43. Pots-and-pans scrubbers, _ _ _ ___
44. Be nomadic
47. __ and hearty (Robust)
51. Beach Boys' "Little __ Coupe"
53. Utah city
54. Off-Broadway theatrical award
55. Huckleberry __
56. Elevs.
58. Rock: Kings of __
60. Single-named Art Deco designer
62. "Goodness!"
63. Thumbs-down vote

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	6	9	7	5	2	1	4	8
5	1	7	4	6	8	2	9	3
4	2	8	9	3	1	6	7	5
2	7	3	6	4	5	8	1	9
8	5	6	3	1	9	4	2	7
1	9	4	8	2	7	3	5	6
7	4	2	5	8	3	9	6	1
9	8	1	2	7	6	5	3	4
6	3	5	1	9	4	7	8	2

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